

# Breakfast Menu Ideas

Meat/Meat Alternate	Grains/Cereals	Fruit/Vegetable	Mixed Dishes
Hard boiled eggs Sausage links or patty Ham slice Cottage Cheese Turkey sausage Canadian bacon Smokie links Peanut butter Yogurt Scrambled eggs Cheese cubes String Cheese	Dry cereal Granola Sweet rolls Hot cereal Biscuits Bagels Muffins Raisin toast French toast French tst. sticks Waffles Pancakes Granola bar Coffee cake Quick breads Pita Cutie Pie	Apple wedges Orange wedges Banana Grapes Kiwi Grapefruit sections Applesauce Peaches Pears Pineapple Fruit cocktail Fruit cup Melon Raisins Strawberries Vegetable juice 100% fruit juice Hash browns	Toasted Cheese Sandwich Cheese and egg omelet Peanut butter on toast Breakfast pizza Breakfast burrito Cheese and egg casserole Egg and bagel sandwich Egg and sausage sandwich Peanut butter and apples Soft Pretzel and cheese Pancake and Sausage kabob Fruit Smoothie Shake Peanut butter and Jelly Sandwich (Uncrustable)

Reference: School Breakfast For First Class Learning Toolkit, Developed by Midwest 5-Start Child Nutrition Task Force, Available from NFSMI #800-321-3054

